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U. S. Department of Agriculture

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In 3 HR  
Housekeepers' Chat

Monday, November 3, 1930.

NOT FOR PUBLICATION

Subject: "Pork in Preferred Ways." Information, including menu and recipe, from Bureau of Home Economics, U. S. D. A.

Leaflet available: "Pork in Preferred Ways."

---ooOoo---

"Pork in Preferred Ways" is the title of our talk today, and "Pork in Preferred Ways" is the title of the leaflet I want to send you. All kinds of recipes in this leaflet, and how appetizing they sound! You can tell that the Recipe Lady had a great deal to do with them.

The first recipe is for Roast Fresh Ham, and right close to that, a recipe for Savory Brown Gravy. Turn to the next page, and you'll find out how to prepare Panned Pork Chops, and Stuffed Rib Chops with Apples. There's a picture of a dish of Stuffed Rib Chops with Apples, which I'm sure the Recipe Lady must have cooked. On the next page there are directions for Bread and Pork Fillets and Roast Loin of Pork.

And would you like to know how to prepare a Roast Stuffed Pork Shoulder? Here you are -- I mean here it is, on page six. Here's the recipe for Savory Stuffing, too, which goes with the pork shoulder.

Then, for variety, it's nice to serve Pork Chop Suey sometimes -- Pork Chop Suey with hot flaky rice. Directions on page seven.

And that's not all. From this leaflet you may learn how to cook Sausage and Fried Pineapple, how to make Glazed Apple Rings, to serve with hot roast pork or cold cuts; how to prepare Roast Stuffed Spareribs, and Candied Sweet Potatoes. All these recipes, for the asking, provided you send before the supply is exhausted.

Do you know that pork makes up nearly half of the meat eaten in the United States? Although most of the pork reaches us as cured ham, shoulder, bacon, and other preserved products, modern refrigerating methods make it possible for us to have an abundant supply of the fresh meat at all seasons.



As I have said before, pork should always be served well done. Thorough cooking is necessary, because pork sometimes contains the trichina parasite, which, if not destroyed, may cause illness. Since this organism is killed when heated to 137 degrees Fahrenheit, there is ample margin of safety when pork is cooked to the well-done stage, 132 degrees.

Boned hams and shoulders, stuffed with well-seasoned bread crumbs and roasted to a turn, are easy to carve and are attractive when served either hot or cold. As a luncheon or supper dish, cold roast pork is excellent in thin slices with a colorful garnish. Since its flavor is often as delicate as that of chicken, every bit of cooked lean pork can be utilized in the making of delicious sandwiches, salad, and many other dishes.

On our menu today, we are featuring Stuffed Pork Chops. Besides this appetizing dish, we are serving Baked Potatoes; Savory Sauerkraut; Fruit; and Election Cake.

Of course we must have Election Cake, for it's election time of the year. Would you be willing to write a 14-ingredient cake recipe, provided I guarantee it to be a very good recipe? You know the kind -- full of brown sugar and raisins and figs; cinnamon, nutmeg, and cloves.

I shall read very slowly, so you'll have a chance to write all the ingredients. Ready? Fourteen ingredients, for Election Cake:

1/2 cup butter	1/2 teaspoon soda
1 egg	1 teaspoon cinnamon
1 cup brown sugar	1/4 teaspoon cloves
1/2 cup sour milk	1/4 teaspoon mace
2/3 cup seeded raisins, cut in small pieces	1/4 teaspoon nutmeg
2/3 cup chopped figs or dates	1 teaspoon salt, and
2-3/4 cups flour	1/2 yeast cake

Fourteen ingredients, for Election Cake: (Repeat)

Prepare a sponge by breaking the yeast into 1/2 cup of lukewarm water and adding 1/8 teaspoon salt, 1/4 teaspoon sugar, and 1/2 cup flour. (These quantities of salt, sugar, and flour are not included in the ingredients listed.) Put this sponge in a warm place to lighten. In the meantime, mix the butter and sugar and add the beaten egg and the milk. Sift together the flour, soda, spices, and salt, reserving 2 tablespoons of flour for coating the fruit. Work this flour into the fruit until thoroughly combined. Then combine all the ingredients, including the sponge, and mix well. Pour the batter into a well greased tube pan. Let it stand in a warm place for three or four hours. Bake for one hour in a moderate oven (300 to 350 F.).

Perhaps I'd better repeat the menu: Stuffed Pork Chops; Baked Potatoes; Savory Sauerkraut; Fruit; Election Cake.

Tomorrow: "Tempers and Food."

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